

Road Safety Education Newsletter Winter 2021

Supporting Safer Sustainable Travel.



Walking to school makes so many good memories; the feel of leaves crunching, ice cracking, or puddles splashing beneath our boots; the paths we discovered with our friends that we would never have known existed had we been in a

Only a few decades ago, most children and young people in the UK walked to school. The figure has now fallen below 50%. There are fewer schools, and an increase in the distance that people have to travel, making it difficult for some to walk to school. The shift away from walking comes at a time when many of us, adults and children alike, don't get enough exercise. Levels of air pollution dropped dramatically during lockdown, as people stopped commuting in cars and took to walking and cycling around their local area.

If you can't walk all the way to school, you could park a short distance away and walk or scoot the rest of the way.

The autumn and winter months are a stunning time of year to go for a walk. With changing leaves falling to the ground, crunchy walkways, misty, red, golden and glowing skies, conkers waiting to burst open ready to be discovered by little hands, squirrels scurrying around preparing for the winter ahead and a whole palette of colours spreading across the landscape... it's a real feast for the senses.

Frosty mornings, frozen spider webs and plants all are rich sources of creative ideas for children..

Walking is the perfect activity for children and it's never too early or too late to start. Whether they are little babies getting fresh air in a buggy, toddlers stepping out for the first time, young children wanting to run everywhere or teenagers gaining a taste of real independence, walking is good for everyone.

There are so many health benefits to walking, both physical and mental, and it is well known that even a gentle walk, can boost morale and lift self-esteem.

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Cambridgeshire's Award Winning School Travel STARS

Congratulations to all the schools in Cambridgeshire who have received awards for their school travel plans this term! 54 schools received national Modeshift STARS awards. Huge thanks to the wonderful school travel champions, without you this success would not be possible!

2 Cambridgeshire schools received the highest level of award, Platinum for of all their work. We were so proud of them, especially as they were the first schools ever to gain this level. Big shout out to All Saints Interchurch Academy and Barnabas Oley CofE Primary School for this fantastic achievement.

Massive congratulations to all of the award winning Cambridgeshire schools. If you would like to take part in the STARS scheme please contact us on: **road.safety@cambridgeshire.gov.uk** Which level will your school get? The sky, or rather the STARS are the limit!

The Road Safety Education team in the county give support and guidance with using STARS and are able to help schools use the STARS system to create travel plans free of charge for planning purposes.

The team also can assist with road safety education resources to support STARS



Junior Travel Ambassadors at Barnabas Oley from 2020 and 2021 celebrate their schools wonderful achievement of gaining National Platinum Level!



Our Autumn Eight - great things about active travel



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There are so many health benefits to walking, both physical and mental, and it is well known that even a gentle walk, can boost morale and lift self-esteem.

Many schools have reported that pupils who walk to school, even if only part of the way, are much more switched on and ready for learning than those who have arrived by car. This is even more important, in the world of technology and the culture of "screen time" that we live in today. Schools can play a big part in this, both in encouraging their pupils to walk to and from school, and in creating opportunities for children to walk outside during the school day.

1. Walking for... good academic performance

In the National Travel Survey, undertaken by the Department for Transport, the Department considered how children travel to school and the effect that this had on children. As many as 90% of teachers reported that their pupils are more ready to learn if they have walked into school. Children arrive brighter and more alert for their morning classes. Walking is known to reduce stress, to "switch on" the brain to what is going on around us and to increase levels of creativity. These factors all make a hugely positive contribution towards a child's performance at school. This gentle form of exercise can help make children feel calmer and happier and improves their levels of concentration so that they are better able to focus in school.

2. Walking for... settling into a new school

Walking is a sociable activity and a time for building relationships with others

Walking into school together in the mornings, can create a sense of calm and allows an opportunity to talk with children about how they are feeling, what they are looking forward to and what they may be feeling nervous about.

In the same way, a walk home from school allows time for a chat about the day (or just some quiet reflection and "time out"!).

This is so important when it comes to helping children settle into a new school environment or a new class or year group, whether Early Years,

Key Stage 1 or Key Stage 2, it's an ongoing process. Even better if children get to meet friends along the way and start to build new relationships in this way, they will feel happier and gain confidence from going into school together.

Some schools organise an "Autumn Walk" as a good way of helping children settle into school.

An Autumn Walk is an opportunity for families of EYFS children, to get together



on a weekend and enjoy a walk together in the local area, followed by a picnic at the school. It's a brilliant way for parents and carers of new pupils to meet each other and for classmates to have fun together outside of the classroom.

3. Walking for... great physical fitness

Incorporating daily physical activity into a child's routine, is an essential part of looking after their physical health and fitness.

A daily walk can help with managing weight and blood pressure. It's a great cardiovascular activity and will help maintain a healthy heart, fight obesity and reduce the risk of developing type 2 diabetes.

Walking encourages development of gross motor skills and helps maintain good muscle strength. It gets the body moving and helps children to stay healthy, even if it doesn't feel like exercise to them.



4. Walking for... good mental health

Numerous studies have highlighted the mental health benefits of regular gentle exercise.

Walking is a perfect way of getting regular daily exercise and helping children to have happy, healthy minds and sound mental health. The Autumn time offers up so many sensory treats, it's impossible for children to become bored on their walk to school! Walking means spending some quality time together, being spontaneous, free and happy. Looking after their minds in this way will make an enormous difference to children's ability to cope with daily life and everything that it throws at them.

5. Walking for... getting children outdoors, and understanding the world

There are so many reports that children aren't spending

enough time outside these days.

Even just a 5-minute walk, can provide inspiration for a child's day. Getting outside allows children access to fresh



air and space, and some essential free time to think and just "be". If people have to drive, parking a short way from school and walking a short way has many benefits. It's how children engage and learn about the world around them, how they are inspired and can enjoy life, and as adults it's our role to make access to the outdoors for children a priority.

Autumn is a time when some of the most exciting and enthralling wildlife events take place. It's something that is always best experienced on foot. The movement of migrant birds, squirrels at work, trees changing, conkers falling and fungi of all different shapes, sizes, colours and textures to be discovered.

Walking out is a way of helping children to connect with nature, to observe and interact, and to develop an understanding of the world in which they live.



6. Walking for... improved sensory perception

Going out walking, allows children to use all their senses. Step out in the Autumn and children will be able to hear, smell, see, taste and touch things they haven't before. Blackberries growing in the hedges taste sweet and are sticky on your fingers.

Leaves, grasses and moss provide all sorts of different textures. Birds flying off for warmer climates, or squirrels foraging for food and building their nests make all sorts of interesting sights and sounds. Bonfire smoke, damp woods and wet grass evoke scents that stay with children forever.

Take children for an outdoor lesson walking around outside this Autumn, and their sensory perception will be put to work!

The magic of winter, is another opportunity to see the beauty of the natural world, wrap up warm and step out for some enjoyment.

Don't let the freezing temperatures put you off: winter walks can be magical with children and it's particularly important for them to keep active with the ongoing and changing pandemic restrictions.

Winter can be challenging (particularly for your washing machine!) but there are plenty of reasons to head outdoors in the cold – for a start, new experiences and new situations challenge children in ways that benefit their bodies and brains. Secondly, exercise means a better night's sleep for the whole family and thirdly, there are so many wonderful winter sights to see before spring arrives.

A positive to emerge from 2020 has been a surge in appreciation for exercise and outdoor activity during endless lockdowns and restrictions.

Walking and cycling proved to be the most popular forms of outdoor activity: figures suggest that more than 60 per cent of families reported walking 60 per cent more than they did before the pandemic measures were introduced.

7. Walking for... the air that they breathe

The less time that we spend in cars, polluting the atmosphere, the better the quality of the environment and the air that our children breathe

By encouraging children to walk to and from school, they will learn about the importance of looking after the environment. They will appreciate the fresher air in their lungs too.

People may be surprised to find that walking is a quicker way of getting to school than sitting in rush hour traffic jams and wasting money on petrol. It is also a great way of reducing congestion around the school at peak pick-up and drop-off times, and improving air quality within the school grounds and on the playground.

Walking buses, park and stride and walk to school schemes are popular in many schools, where children who live locally, can meet and walk to their school together with a few adults for supervision. The Road Safety Education Team in the County have resources available to support this. Road safety education for schools - Cambridgeshire County Council

No carbon footprint needed, the only footprints that they leave behind, are their own muddy ones after a good march through the leaves or tracks through the snow! You can make your mark without any damage to the environment.

8. Walking for... independence and life experience

Allowing children to walk to school, even if they are young and need to be accompanied, gives them an opportunity to be independent in a "safe" situation.

They need to think responsibly, whether crossing the road or choosing a direction, and make decisions for themselves. They can choose when they want to stop and have a look at something on the way and they can have time to think and perhaps talk about things that they want to discuss.

They can't get this level of independence from sitting in the back of a car. They might make some mistakes along the way, but they need to make these mistakes and learn from them to become independent adults.

The School Travel Ambassadors!

JTA News



So wonderful to finally be able to be back in schools and meeting the new Junior Travel

Ambassadors (JTA's) all 200 of them! I have been able to visit most schools in person and have had virtual meetings with those schools still not able to have visitors.

The JTA's (mostly year 5's) have received their notebooks, pens and badges and are ready for action with the usual amazing enthusiasm and full of great ideas.

We also welcome 2 new schools to the project, Robert Arkenstall Primary (Haddenham) and Ely St Marys Junior.

The JTA's have been busy planning to promote being safe and being seen, in time for the change of clocks at the end of October, organising fun assemblies and competitions.

They are also starting to plan for Road Safety Week (15-21 November).

The Road Safety team really value all the hard work the JTA's do to support the promotion of road safety and active travel in their community, we consider them to be a very important part of our team, and they do make a real difference.

Looking forward to working with all the JTA's this year, let's hope we don't get anymore interruptions!

Maree—The Travel Ambassadors Road Safety Officer



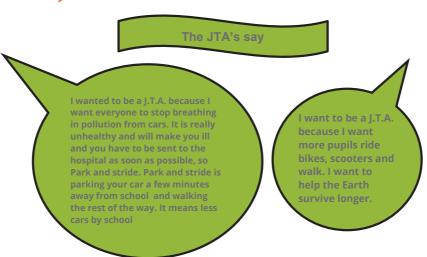
The new JTA's at Robert Arkenstall Primary School look ready to make a difference to school travel!

I chose to be a JTA (Junior Travel Ambassador) because I want to try and put an end to pollution I chose to be a J.T.A. because I want to help the community be better and get more people to walk to school.

The School Travel Ambassadors!



The JTA's at St Marys C of E Primary Academy have been busy helping to keep the area outside school safe and encouraging more active travel and getting drivers to park away from school.



YTA Youth Travel Ambassador News



St Bede's Inter-Church school Cambridge was trialling the Youth Travel Ambassador (YTA) Scheme when the pandemic caused an abrupt interruption to all their plans! The peer-to-peer scheme was proving to be very successful and so this year the four yr 11 Senior Students will be taking on the role as YTA's and will be carrying on with plans to improve road safety for the school community and surrounding area.

Other secondary schools will be given the opportunity to join the scheme in the new year.

Resources and training for schools

ScootSmart training is Cambridgeshire County Council's road safety education scheme for all primary schools in the county and aims to improve basic scooter riding and maintenance skills and increased children's awareness of safety while scooting, reminding them of the need to be aware of pedestrians, to navigate the pavement safely looking out for driveways and other objects that may be hazardous. The scheme encourages confident scooter use and supports scooting as a mode of travel to school as well as a healthy recreational activity. It is completely free with supporting resources for Years 2-4 If you would like to know more about the scheme please e-mail: road.safety@cambridgeshire.gov.uk





We offer a number of resources for loan to schools to support road safety and sustainable travel education. If you would like to enquire about any of our resources the full range can be seen on our road safety education webpages www.cambridgeshire.gov.uk/ if you would like more help please email the team at: road.safety@cambridgeshire.gov.uk

We also have free copies of our cross curricular school travel pack aimed at KS 2 *Routes Across the Curriculum* available on request.



Pupils try out the Road Safety Toy Bag learning and having funat the same time!

Other resources we have available include seasonable topics such as 'Be Safe Be Seen' for the darker winter months. This resource is a box packed with resources and lesson plans all of which help to get the important messages across.



PROJECT EDWARD (Every Day Without a Road Death)

On Monday 13th September 2021 Project Edward visited the City of Ely, the first major public event for the Vision Zero Partnership in Cambridgeshire and Peterborough, a demonstration of the breadth of activity across the Safe System approach. The Office of the Police and Crime Commissioner provides significant funding for the Vision Zero Partnership in Cambridgeshire and Peterborough, including commissioning the work on the new partnership strategy which resulted in the Vision Zero approach being adopted in Cambridgeshire and Peterborough in 2020.

Activities during the day included

- Tyre and child car seat checking at Sainsbury's supermarket in Ely
- Safety camera vans in operation on higher speed routes around the city
- 1 Roads Policing Unit car and 2 motorcycles patrolling along A142 and A10 focusing on motorcyclists and commercial vehicles.
- Competitions and direct delivery in primary schools by CCC and Local Police around safe and active travel to school. See the winning banner at Ely St Marys School.
- Workshops in secondary schools by CCC, Road Haulage Association and Fire and Rescue staff around cycle safety (HGV mats), First Person on Scene training etc.
- Specific workshop delivered to the SEND school by the Fire and Rescue Service
- Demonstration of play streets to create safe places to play on a temporary basis
- Special constables undertaking speed enforcement and words of advice on routes into and within the city (<40mph).
- Local Speedwatch groups around the town.
- Exhibitions in the Market Square included Outspoken Smoothie bikes, Road Victims' Trust, British Horse Society, Fire Bike, Blood Bike as well as cycle safety around vehicles (HGV mats) CCC Road Safety Education and Play Streets.





Speedwatch in action



Are You Ready for Winter Driving?

With the Autumn change of the clocks, fewer daylight hours and winter weather conditions just around the corner, here are some useful tips to get you and your vehicle ready for the road.

Use this handy 'POWDERY' checklist:

- Petrol (or diesel) don't run out of fuel
- Oil check levels once a month
- Water check radiator and screen wash once a month
- Damage check wipers, lights etc for signs of wear and tear or damage
- Electrics check lights, indicators and controls are working properly
- Rubber are your tyres well inflated, legal, with good tread and free from damage?
- Yourself are you fit to drive? have you slept well? are you taking any medication(s) that could make it unsafe for you to drive?



Slow down, lights and wipers on to keep your windscreen demisted.

If the word fog is shown on a signal, but the road is clear, be prepared for a sudden bank of fog or drifting patchy fog.

Do not use full beam, because the fog reflects the light back reducing visibility even further.

Try not to use the taillights of the car in front, as these can give a false sense of security

If visibility is very limited, wind down your windows at junctions and cross roads to allow you to listen for traffic.

If you really cannot see, consider stopping until it is safe to continue

Winter Weather and travel Alerts

Check for news and updates **Before** and **During** your journey on:

(@Cambs Traffic) / Twitter

Travel Updates - Highways England

BBC Weather

Following these winter driving tips will help you get there safely

- LIGHTS ON As soon as visibility is reduced in fog, rain, snow etc. Automatic lights do not work in mist or fog, so switch on manually. Switch your lights on before driving off.
- SLOW DOWN Increase your stopping distance in poor weather by leaving a bigger gap between you and the car in front.
- SNOW & ICE stick to the main roads which will have been gritted and only travel if necessary
- WINTER SUN Can dazzle, especially on wet roads so wear sunglasses and keep windscreens clear.
- HEAVY RAIN Slow down if steering becomes difficult or if the rain and spray from vehicles makes it difficult to see and be seen.
- AVOID DEEP WATER Especially on roads near rivers and drains. Drive at a suitable speed and overtake only when safe to do so.
- FOG Make sure you know where your fog-light switch is before you set off



National 'Tyre Safety' Campaign 2021

This year, the annual Tyre Safety campaign is asking Britain's motorists *What's Stopping You?*

The question *What's Stopping You?* not only reminds the motorist of the benefits and importance of tyre checks but also carries the literal message that, as the only point of contact between the road and the vehicle, it is tyres which are crucial for safe and effective braking and cornering.

Regular tyre safety checks reduce the risks of an incident while on the roads, but an estimated one-in-five drivers have never checked the tread on their tyres, a startling number which rises to one-in-three among young drivers.

Checking and maintaining tyres also reduces the cost of motoring, as underinflated tyres will wear quicker and cause the vehicle to use more fuel.

To educate drivers on the importance and benefits of tyre safety, the County Council is working with our local 'Vision Zero' Road Safety partners (PCC, Cambs Police, Fire & Rescue, National Highways) to deliver during October and November:

- Free tyre checking events for Young drivers in Colleges in Cambridgeshire and Peterborough
- Posting 'TyreSafe' messages on all roadside Variable Message Signs around the county
- Social media messages on Facebook and Twitter
- Anyone can get a FREE tyre safety check at a Tyre Fitter near you, using this link <u>Supporter Locator | TyreSafe</u>

For more information, contact Ann Marie Bailey, Road Safety



llo, I'm Lyn Hesse I'm chair of Trustees for the Road Victims Trust and also Senior Road safety Officer for Cambridgeshire County Council

ristopher John was born on the 14th October 1994 to my brother John 1 his partner Clare of course he was the brightest most intelligent baby 2r produced needless to say my brother was ecstatic.

veek later on the 21st October John was killed in a road traffic collision.

in was waiting in a queue of traffic to join the A1 a cement truck was ced off the dual carriageway hit a lamp post throwing the driver clear the vehicle flipped over on top of John's car.

hn was killed instantly. No-one else was injured. I can't begin to put into rds the loss and devastation.

following days and months were ones of unreality numbness and belief. There were days when I was unable to function at all

ch later having to attend the coroner's court where I faced the person o had killed John was something I was totally unprepared for.

oking back there is so much that I can't remember and there are so many estions that I would like to ask now but it's far too late.

e one thing I hung on to in those blackest of days and actually still do is at John I'm sure was thinking happy thoughts of his new son when he s so tragically killed.

it forward to April 1999 my sister in-law Jo rang late one night

n there's been an accident Its Daniel!!

's been killed

at night I took Jo and her husband Nick to identify their son's body in the rtuary.

niel was the eldest of four boys married to Tracey and expecting their st child later in the year

e car Daniel was travelling in came off a rural road hit a tree and Daniel s killed instantly, the driver and back seat passenger walked away with injuries.

I became more involved in Road Safety and having experienced so much sonal tragedy in the aftermath of John and Daniel's death, I felt the need help others who found themselves in the same situation I had found self in.

2012 I was asked to pull together a group of interested people with the w to setting up the Road Victims Trust service here in Cambridgeshire 1 in 2013 everything was in place to move forward.

s unique service the only one of its kind in the Country and is now ered to anyone, ANYONE who has been affected by road death across the force area of Cambridgeshire Hertfordshire and Bedfordshire

are such a small charity with only 9 staff and 60 volunteers and a ong board of Trustees who come from all walks of life, the service is npletely free and is not time limited.

such a small charity we have achieved so much in such a short time nning the Queens award for Voluntary service and a Prince Michael Road ety award.

support we've received from the emergency services and the 3 police d Crime commissioners across the three counties has been incredible

have some amazing families who have received our service who now and raise along with a growing number of companies and organisations all ang the most amazing things.

now first-hand the devastating effects a sudden and violent death can re and the long term emotional issues that can arise. Unfortunately for and my family we didn't have the RVT as it was in its infancy if we had now our journey would still have been difficult but we would have had emotional and practical support that would have helped us at such a umatic, dark time in all our lives.

w when I receive the information of another death on our roads the very

RVT News



As ever the past 12 months has been an incredibly busy and challenging time for the whole of the Road Victims Trust (RVT) team as we continue to provide our unique service of free emotional and practical support to all those affected by a road death and life changing injuries in Bedfordshire, Cambridgeshire and Hertfordshire.

By its very nature a road death will always be a violent and sudden death, the impact of which leaves many people in a state of shock, pain, disbelief and anger. The RVT has 26 years of experience in supporting people who suffer as a result of a road death and we are proud of the quality and depth of service that we are able to offer.

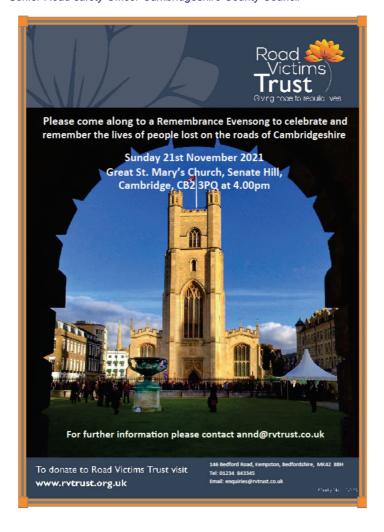
Our excellent working relationships with the Police Forces and Road Safety Partnerships across the three counties mean that we are able to provide an essential service to individuals and families at their time of most need. Our work continues to receive the support of the three Police and Crime Commissioners who have a legal requirement to commission victims' services within their counties, and who show genuine understanding and empathy for the plight of those left devastated by a road death. This support has enabled us to continue to recruit, train and retain a cohort of highly skilled and motivated Counselling Volunteers who provide face-to-face support to people for as long as is needed.

However, like many small charities, we remain reliant on the support and friendship of so many other people in the community who assist by way of their time or financial donations for which we are incredibly grateful. We know that road death doesn't just affect individuals, but instead ripples out into entire communities.

The early intervention of the RVT service team makes a real and lasting difference to those at their lowest possible ebb and we are all proud to be part of a small charity that continues to work tirelessly to deliver the very best bespoke victim care. This level of support is only made possible by a dedicated team of Staff, Counselling Volunteers and Trustees who provide expertise, innovation and energy on a daily basis making a difference to so many lives.

Lyn Hesse (Chair of Trustees)

Senior Road safety Officer Cambridgeshire County Council



Come Sun, Rain or Snow

Our School Crossing Patrols are very special people. They are highly valued by the parents, children, schools and communities they serve and work come rain or shine. Here is one of our wonderful patrol team giving an insight into their valuable work.



My time of School Crossing Patrol began September 2002. On my first day, Andy Swallowe came to train me. I had no idea what to expect, although I was concerned whether vehicles would actually stop!

Walking out into the road was scary at first, but after a few days my confidence began to grow and I wasn't shaking in my shoes quite so much.

Being out in all weathers is not as bad as it sounds, as most of the time the weather is perfect. People often say that they feel sorry for me during the wet and cold weather, but my reply to them is that I would rather be out in the rain and cold than the heat. You can wrap up from the cold and wet, but you can't escape from the heat.

Over the years I have had a few "drive throughs". These have knocked my confidence for a while and I've been reluctant to carry on doing the job, but I enjoy the role and don't wish anyone to stop me from it just because of their careless driving. Some drivers have even driven around me whilst being in the road with my sign up. A parent made me laugh as they said how considerate of the driver to go around me rather than knocking me over!

While most people respect the job that I do there are some people driving by after I have stopped them have given me some few abusive words through their open window. I don't let this bother me or avoid stopping them again if there are some people waiting to cross and I can safely do so. Mostly people appreciate what I do.

Meeting parents and children and see them grow through the years has been great. Some children wouldn't cross the road at first and some would cross half way then, randomly, sit down in the middle of the road. The hedgehogs on each side of the road were brilliant, as these gave the children somewhere to stand and an incentive to get them to the other side. I now have parents who used to cross the road as a child bringing their own children to school doing exactly the same

Nicola Dickerson

Cottenham Primary School







Cambridgeshire Road Safety Education Team Scoop Three Awards!

On 4th November at the National Modeshift Annual Convention in Leicester, the Road Safety Education Team were thrilled to have the work they have done in sustainable, safer travel recognised by winning not one but three awards.

Despite the struggles and uncertainties of the last year, we were thrilled to be part of two jam-packed days of amazing and thought-provoking presentations, key-note speakers, with the focus being sustainable active safer travel and of course the National Sustainable Travel Awards

Modeshift is the national not for profit membership, organisation whose mission is to share best practice in sustainable travel delivery. Members of Modeshift include local authorities, business, education and community settings.

Cambridgeshire's Road Safety Education team were presented with finalist awards in the Best Partnership 2021 category for Small Change Big Difference. The film made with Neale Wade Academy students and staff. The film covers road safety and sustainable travel in 4 short clips, each with a powerful message from young people to other young people.

The team also received a finalist award in the Contribution to Sustainable Travel – Team 2021 category for the work that they did with schools and road safety partners during the height of the pandemic, rolling out School Streets school time road closure schemes, Walking Bubble distance parking schemes for the school run, developing online education resources for schools whilst also working in a range of re-deployed roles to support Cambridgeshire residents.

The final award of the evening was presented to Rosemary Mullen, Road Safety Education Officer who was presented with the Team Modeshift Honorary Membership lifetime title. This is granted to individuals that the Modeshift board see as having made an outstanding contribution through the initiatives they have worked on locally, regionally and nationally over a significant period of time to achieve increasing levels of physical activity, improve road safety, boost health and well-being and air quality issues.

Gaining awards such as these are such an inspiration for the Road Safety Education Team, the work we do is something we are all passionate about,. As you will have seen we have come to this role from a range of backgrounds but our motivation to work as integral members of the wider Road Safety Team, improving road safety and the health and wellbeing of the people of Cambridgeshire and all who travel on our highway network.







